

Eating Well *for* *Less*

A guide to selecting
and preparing good
food on a budget

*Washington State Department of
Social and Health Services*

This guide is full of tips to help you decide what foods to buy, and how to get the best food value for your money when you go shopping. Many recipes are also included. These recipes are made from basic ingredients that combine to make a variety of tasty and nutritious meals.

*You **can** eat well for less!*

Contents

Before you shop for food	1
Money saving hints	2
Super shopper checklist	3
Low cost foods that keep well	5
Read labels to know what you are buying	6
Grocery shopping list	7
Build your diet from the bottom up	8
Skillet meal master recipe	10
Main dish ideas	12
Bean ideas	15
Vegetable ideas	18
Fruit ideas	20
Convenience mixes you can make at home.....	21

*Before you shop
for food . . .*

Plan what to buy and make a list

When you have a list you will not...

- Buy expensive foods you don't need.
- Make extra trips to the store.
- Forget foods you really need.



To make a list...

1. See what foods you already have.

Check your cupboards and refrigerator to see what foods you need to buy.

2. See what foods are on sale.

3. Make a food plan for a week or more.

Make menus for your family. Write down meal ideas. Start with a main dish. Add bread, rice, potatoes, or noodles, tortillas, fruits, vegetables, and milk.

4. Check your list.

Have you included basic foods like flour, corn-meal, salt, bread, fruits or fruit juices, vegetables, meat, fish, chicken, turkey, eggs, dried beans, peas, and milk products?

Money Saving Hints

Prepare food yourself. Dinners and mixes made from scratch at home usually cost less than already prepared products. Cooking hot cereal costs less than instant hot cereal or dry cereal.

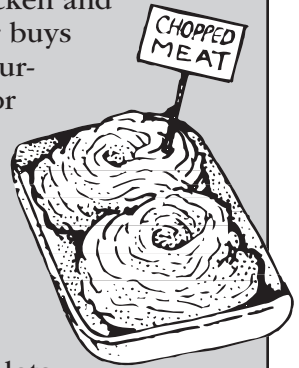
Buy less expensive meats. Chicken and turkey legs and thighs are better buys than breasts. Ground meat and turkey are better buys than roasts or steaks.

Serve some meatless meals. Beans, peas, lentils, eggs, and cottage cheese are excellent sources of protein.

Make small amounts of meat serve a family. Serve meat with lots of macaroni, noodles, rice, potatoes, and vegetables. For example, stir-fry vegetables with a little meat and serve with rice.

Avoid chips, pop, alcoholic drinks, candy, and snack foods with lots of sugar, fat, or salt. They are high in cost and low in nutrients.

Refrigerate or freeze leftovers after the meal.



Super shopper checklist for saving money at the grocery store



Stick to your plan.

Use your list. (See page 7.)

Do not shop when hungry.

Avoid buying food that's not on your list.

Use coupons only for nutritious foods and foods you would buy anyway. Coupons are often for expensive, highly processed junk foods.

Beware of sales promotions in stores, such as those listed below. These make you want to buy more.

- End-of-aisle displays.
- Food samples to taste.
- Fancy packages.
- Two-for-one-price specials.
- Candy near the checkout counter.

Read labels and compare prices.

Read ingredient lists and nutrition labels.

Compare prices. Store brands and large sizes often cost less.

Shop only once a week or less.

Buy enough food for at least a week. The less you shop, the less you spend.

Buy large amounts of low-cost foods that keep well.

Get to know your grocery store.

Find out when the store reduces meat prices. It is often early in the morning. This can help you save money.

Compare prices at different stores. You usually pay most at mini-markets and least at warehouse stores.

Use unit pricing.

Unit price labels are on the front of the shelf near the product. Unit price labels list the name of the food, the size of the package, the price of the package, and the price of an ounce, pound, pint or, quart of the food. Unit price labels can help you decide which package costs least. For example:

Fancy Label
Peanut Butter
16 oz.

Price
\$2.85

Price per pound
\$2.85

Fancy Label
Peanut Butter
16 oz.

Price
\$4.39

Price per pound
\$2.71

The 26 ounce jar costs more than the 16 ounce jar, but the peanut butter costs less per pound in the larger jar. The larger jar gives you more peanut butter for the money.

Low cost foods that keep well

Stock up on low cost, nutritious foods when you have money. Avoid an empty cupboard at the end of the month.

Meat, Fish, Poultry, Beans

Dry beans or peas
Canned chili
Peanut butter
Canned tuna
Canned meat
Frozen meat, fish, chicken,
or turkey (keep in freezer)
Eggs (refrigerate)

Vegetables

White potatoes
(keep cool)
Sweet potatoes
(keep cool)
Carrots (keep cool)
Turnips
Cabbage (refrigerate)
Onions
Canned tomatoes
Tomato sauce
Canned pumpkin
Canned corn
Canned peas
Canned green beans
Canned mixed vegetables

Fruits

Apples
Oranges
Canned fruit
Canned fruit juice
Frozen fruit juice (especially
on sale)

Bread, Cereal, Rice, Pasta

Macaroni
Spaghetti
Noodles
Rice
Tortillas
Oatmeal
Cream of wheat
Cornmeal
Flour

Milk, Yogurt, Cheese

Fresh milk
(refrigerate)
Dry milk
Canned milk
Processed American
cheese

Extras

Baking powder
Cooking oil
Sugar
Salt, pepper,
and other spices
Canned soup
Boxed macaroni mix
(if on sale)
Ramen noodles
(if on sale)

Read labels to know what you are buying

Food packages usually have this information:

BRAND	<i>Famous Brand</i>
PRODUCT	Green Beans
STYLE	<i>French cut</i>
INGREDIENTS	Ingredients: Green beans, water, salt
AMOUNT	Net weight 10 oz.
MANUFACTURER	Distributed By: Acme Food Co, Seattle WA
USE-BY OR SELL-BY DATES	<i>Use by March 15</i>

Ingredients

Ingredients are listed in order from the most to the least amount in the product by weight.

Nutrition Facts Label

The nutrition facts label tells you:

- The size of a serving.
- How many servings are in a package.
- Nutrients in a serving. (Amount of calories. Amount of protein, fat, and carbohydrate. Amount of vitamins and minerals.)

Package Weight

- Compare the weight of food packages. The small box may have more food.
- Compare the price of different sized packages.

Dates on Packages

- The “Sell by” or “Best when purchased by” dates do not mean the food is bad. If you use it within a day or two of the date, it may be a good buy.
- The “Do not use after” date warns you that the food should not be used after that date.

Grocery Shopping List

Fresh fruits,
vegetables



Meat, poultry,
fish, eggs

Canned foods

Milk, cheese



Bread, cereal,
pasta

Frozen foods

Dried beans, peas

Other items

Build your diet from the bottom up

Fats, Oils, and Sweets USE SPARINGLY

- – fat
- ▼ – sugars (added)

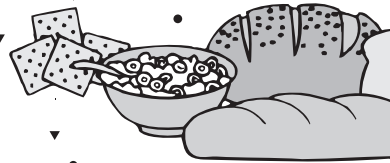
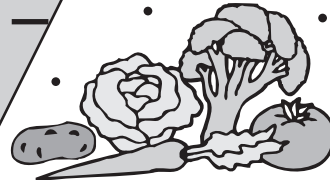
Milk, Yogurt, and Cheese 2–3 SERVINGS

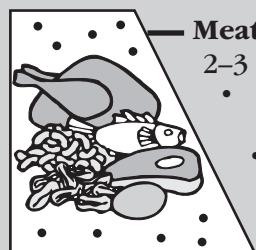
- 1½ ounces of natural cheese like Swiss, cheddar, or mozzarella
- 2 ounces process cheese like American cheese (1–2 slices)
- 1 cup tofu
- 2 cups cottage cheese
- 1 cup of milk or yogurt



Vegetables 3–5 SERVINGS

- 1 cup of raw leafy vegetables such as lettuce or spinach
- ½ cup of fresh, cooked, or canned vegetables
- ¾ cup vegetable juice

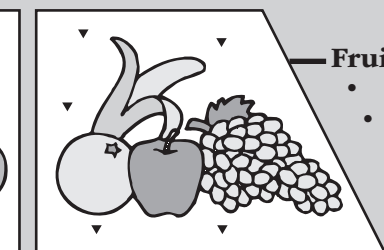




Meat, Poultry, Fish, Dry Beans, Eggs, Nuts

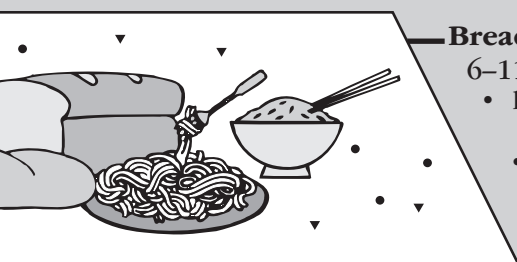
2–3 SERVINGS

- about 2-3 ounces of lean cooked meat, poultry, or fish (about the size of a deck of cards)
- 1 cup of cooked beans
- 2 eggs
- 4 tablespoons of peanut butter



Fruits 2–4 SERVINGS

- 1 medium-sized apple, orange, or banana
- $\frac{1}{2}$ cup of fresh, cooked, or canned fruit, cut in pieces
- $\frac{3}{4}$ cup of juice



Bread, Cereal, Rice, and Pasta

6–11 SERVINGS

- hamburger bun, bagel, or English muffin
- 1 slice of bread
- 1 ounce of dry, ready-to-eat cereal (usually $\frac{2}{3}$ to $\frac{3}{4}$ cup)
- 4 small crackers
- 1 large tortilla or 2 small ones

Skillet Meal Master Recipe

Meat, poultry, fish, beans

Use $\frac{1}{2}$ to 1 pound
or $1\frac{1}{2}$ cups of
COOKED or
CANNED meat, fish,
chicken, or beans:

Cooked ground
meat or turkey
Cooked turkey
Chicken, cut up
Chopped pork
Ham cubes
Tuna
Salmon or mackerel
Frankfurters
Cooked kidney
beans
Cooked pinto beans

Vegetables

Use $1\frac{1}{2}$
to 2 cups of
vegetable:

Carrots
Peas
Corn
Green beans
Lima beans
Broccoli
Spinach
Mixed
vegetables
Celery
Green pepper

Sauce

Use either
 $1\frac{1}{2}$ cans water
OR
 $1\frac{1}{2}$ cans milk
plus 1 can soup:

Cream of potato
Cream of chicken
Cream of celery
Cream of
mushroom
Tomato soup
Onion soup

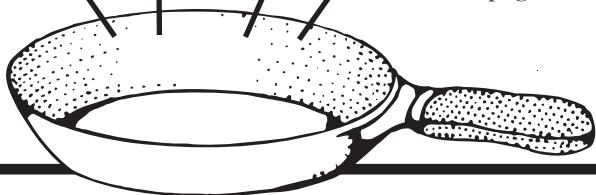
Bread, cereal, pasta, rice

Choose one
(uncooked):

1 cup macaroni
1 cup spaghetti
1 cup noodles
 $\frac{3}{4}$ cup rice

$\frac{1}{2}$ to 1 cup of
cheese can be
stirred in at the
end of the cook-
ing time.

Directions on
next page.



Skillet Meal Master Recipe

1. **Choose one food from each group.** Cook meat, if necessary. Combine all ingredients in a large skillet.

**Meat,
poultry,
fish, beans**

Vegetables

**Bread,
cereal,
pasta, rice**

Sauce

2. Season to taste with salt, pepper, soy sauce, onion flakes, or garlic powder.
3. Bring to a boil. Turn heat to low. Cover pan and simmer 30 minutes until pasta or rice is tender. Stir occasionally to prevent rice or pasta from sticking.
4. Makes 4 to 6 servings.

Tasty combinations for skillet meals

½ pound browned ground beef, 1 cup raw macaroni, 1 can tomato sauce plus 1 can water, 1 can drained green beans, and 1 tablespoon chili powder. Grate one carrot and add just before serving for bright color and extra nutrition.

¾ cup uncooked rice, 1 can cream of mushroom soup plus 1½ cans water, 1 cup leftover chopped chicken, and 1½ cups green peas or broccoli.

1 cup raw noodles, 1 can cream of mushroom soup plus 1½ cans water, 1 can drained tuna, 1 cup green peas, and ½ cup carrots.

Main Dish Ideas

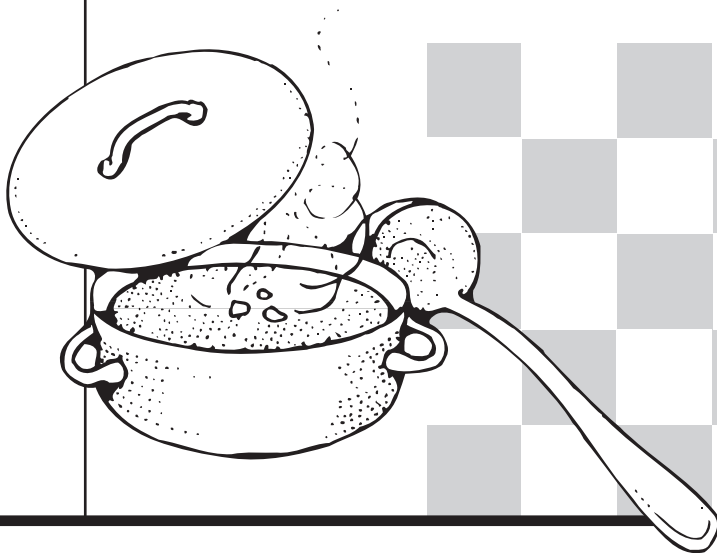
Turkey Leg Pot Roast

Makes 6 to 8 servings

3-pound turkey leg	¼ cup flour
2 tablespoons oil	½ teaspoon salt
1 cup water	¼ teaspoon pepper
1 onion, cut in slices	
4-5 potatoes, peeled and cut in half	
4-5 carrots, scrubbed and cut in 2-inch pieces	

1. Mix flour, salt, and pepper. Use to coat turkey leg.
2. Heat oil over medium heat in large heavy fry pan.
3. Brown turkey leg and onion in oil.
4. Drain off fat, if necessary.
5. Add water. Bring to boil. Turn heat to low. Cover pan and cook about 1½ hours. Add water during cooking to prevent pan from going dry or leg from sticking.
6. Add potatoes and carrots. Cook about one more hour until potatoes are tender.

Oven cooking: Instead of cooking on top of the stove, cover pan and bake browned turkey at 350°F (moderate oven) for 2½ hours.



Chili Stacks

Makes 4 to 6 servings

- 1 pound ground meat or turkey
- 1 teaspoon salt
- 1 tablespoon chili powder or to taste
- ¼ teaspoon oregano leaves
- ¼ teaspoon basil leaves
- 1 onion, chopped fine
- 1 (15-ounce) can tomato sauce
- 5 corn (or flour) tortillas
- 1¼ cup grated cheddar cheese

Brown meat well and break up. Add spices, onion, and tomato sauce. Simmer about 10 minutes. Place tortilla in baking dish and add sauce and ¼ cheese. Continue stacking tortilla, tomato sauce, and ¼ cup cheese ending with sauce and cheese. Bake in moderate oven (350°F) for 10 to 15 minutes or until heated through and cheese melts. Cut in wedges and serve.

Tuna Mac Salad

Makes eight 1-cup servings

- 2 cups uncooked macaroni
- 1 - 6½ ounce can water-packed tuna, drained
- 1 16-ounce can peas, drained
- 1 cup grated cheese, optional
- 2 hard cooked eggs, chopped
- ½ cup chopped celery or grated carrot
- ½ to ¾ cup low fat mayonnaise

1. Cook macaroni according to package directions, drain, and cool.
2. Stir everything else into macaroni.
3. Chill 2 hours to blend flavors before serving.
4. Keep leftovers refrigerated for next day.

Jazz Up Ramen Noodles or Macaroni and Cheese

Ramen Noodle Ideas – Ramen noodles are inexpensive. But they contain only starch, salt, and flavorings. They are not very nutritious. Jazz them up a little with other things from your refrigerator. Add two eggs just before the noodles are cooked and spin lightly with a fork. This will make a Chinese eggflower soup. You can also add:

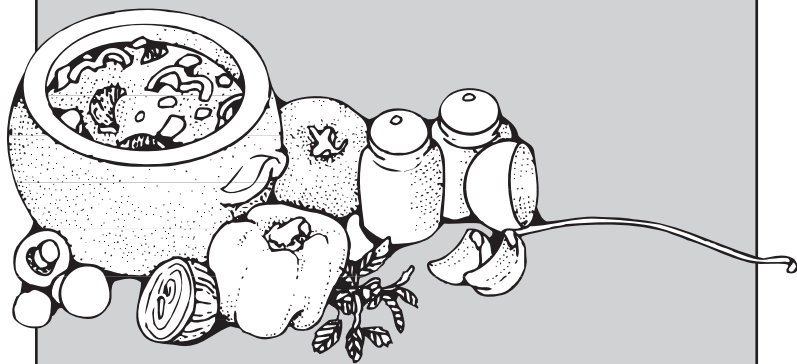
Chopped leftover meat, poultry, or fish (tuna)

Leftover canned or frozen vegetables

Chopped and microwaved vegetables, like potatoes

Chopped greens (chopped spinach, kale, cabbage or
beet greens)

Grated carrots



Boxed Macaroni and Cheese – Boxed macaroni and cheese is tasty and easy to fix. But it is mostly noodles and flavoring. To make macaroni and cheese more nutritious, add chopped broccoli or green peas. Cooked ground beef, drained tuna fish, or leftover ham is also good.

Bean Ideas

Bean Facts to Remember

- 1 cup dry beans makes 2½ cups cooked.
- Beans are a good source of protein to use instead of meat. Serve with bread, pasta, rice, corn tortillas, or cornbread.
- If beans foam over while cooking, add a little oil, and leave lid off.

4 Easy Steps for Cooking Dry Beans

1. Rinse beans and remove rocks.
2. Put beans in a pot and cover with unsalted water.
3. Soak beans overnight OR use quick-soak method.
Boil for 2 minutes. Turn heat off and let soak 1 hour.
Drain off soaking water. Cover with fresh water.
4. Cook until tender. Add meat and salt, if desired and heat thoroughly to blend flavors.

Cooking Times

Split peas, lentils (do not soak).....	30-45 minutes
Lima beans	1 hour
Great Northern, small red and white	1¼ to 1½ hours
Kidney, pinto, navy	2 hours



Red Beans and Rice

Makes 4 servings about $\frac{3}{4}$ cup each

- 2 cups water
- 1 teaspoon salt
- 1 cup uncooked rice
- $\frac{1}{2}$ small onion, chopped
- 1 16-ounce can kidney beans
- 1 tablespoon chili pepper, optional
- $\frac{1}{8}$ teaspoon pepper, optional

1. Boil water. Add salt, rice, and chopped onion.
2. Turn heat to low. Cover pan and cook gently until rice is tender, 25-30 minutes.
3. Drain beans and stir into rice. Sprinkle with pepper, if desired.
4. Heat over low heat for 5 minutes to blend flavors.

Split Pea Soup

Makes 4 servings about $1\frac{1}{3}$ cups each

- 1 cup dry green split peas
- 2 carrots, cup up
- 1 potato, cut up
- 1 onion, chopped
- 1 quart water
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

1. Put peas, carrots, onion, potato, and water in large pan.
2. Bring water to a boil. Turn heat to low and simmer about 45 minutes or until peas are tender.
3. Add salt and pepper.

Sunshine Bean Casserole

Makes 6 servings about one cup each

½-1 pound ground turkey
1 large onion, chopped
1 16-ounce can red beans, drained
1 16-ounce can lima beans, drained
1 16-ounce can garbanzo beans, drained
¼ cup brown sugar
1 tablespoon prepared mustard
½ cup catsup
3 tablespoons vinegar
1 tablespoon water

1. In a large skillet, cook ground turkey and onions until meat is no longer pink.
2. Stir in drained beans, sugar, mustard, catsup, vinegar, and water.
3. Simmer over low heat until heated and flavors are blended.

To Cook in Oven – Follow directions numbers 1 and 2 above. Put turkey and bean mixture into a 2½-quart baking dish. Cover and bake an hour at 325°F.

To Cook in a Crock Pot (or Slow Cooker) – Follow direction numbers 1 and 2 above. Put turkey and bean mixture into a slow cooker or crock pot and simmer for 3-4 hours.

Vegetable Ideas

To Cook Vegetables

- Wash and cut up vegetables.
- Put vegetables in a pan with $\frac{1}{2}$ to 1 inch water.
- Bring water to a boil, turn heat to low or medium, and cover pan.
- Cook until just tender when color is still bright, but a fork will pierce vegetables easily.

Stir-Fry Vegetables

Makes 4 servings, $\frac{1}{2}$ to $\frac{3}{4}$ cup

2-3 cups raw vegetables, washed
and cut into bite-size pieces

1 small onion, chopped

1 tablespoon oil

$\frac{1}{4}$ cup water

Salt, pepper, or soy sauce, if desired

Good vegetables for stir-fry: cabbage, broccoli, celery, carrots, green beans, green pepper, zucchini, spinach, bok choy, or green peas.

1. Prepare vegetables. Set aside.
2. Heat oil in pan over medium heat.
3. Stir in onion and cook just until onion is limp.
4. Stir in rest of vegetables.
5. Add water, cover, and cook 2 to 4 minutes until vegetables are just tender.
6. Season with salt, pepper, or soy sauce, if desired, and serve immediately.

Vegetables and Dip

2 cups yogurt*

½ package dry onion soup mix or dry vegetable soup mix

1. Mix yogurt and dry soup mix together and chill.
2. Use as dip for washed and cut-up vegetables.

Good vegetables for dipping are: cucumber; zucchini, celery, or carrot sticks; turnip slices; broccoli or cauliflower pieces; tomatoes; or cabbage wedges.

* Instead of yogurt, try 2 cups cottage cheese or 1 cup yogurt + 1 cup cottage cheese.

Cole Slaw

6 servings

3 tablespoons low fat mayonnaise

1 teaspoon sugar

2 teaspoons lemon juice or vinegar

2 cups cabbage, finely chopped

1 medium carrot, grated

In a large bowl, mix together mayonnaise, sugar, and lemon juice or vinegar. Add the cabbage and carrot. Mix well.

Fruit Ideas



Splendid Fruit Salad

Makes about 4 servings

1½ tablespoons frozen orange juice concentrate
2 medium apples, washed and diced, with peel
1 orange, peeled and diced
1 banana, peeled and sliced

Optional fruits: ½ cup grapes, 1 cup diced cantaloupe, watermelon, or other fruit in season.

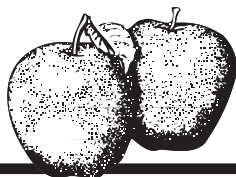
1. Place orange juice in medium bowl.
2. As fruits are prepared, add to bowl and toss lightly to cover with orange juice. Chill or serve immediately.

Peach or Apple Crisp

8 servings, ½ cup each, one 8-inch square pan

4-5 cups peaches or apples, peeled and sliced
½ cup packed brown sugar
½ cup flour
¾ cup oatmeal
1 teaspoon cinnamon
¼ cup (½ stick) margarine

1. Grease an 8-inch square baking pan. Place sliced peaches or apples in the pan.
2. Mix together sugar, flour, oatmeal, and cinnamon.
3. Stir margarine into sugar and flour until mixture looks crumbly.
4. Sprinkle crumbly mixture over fruit.
5. Bake at 350°F about 40 minutes or until fruit is tender and top is browned.



Convenience Mixes

You Can Make at Home

Master Mix

Biscuit and pancake mix

8 cups all-purpose flour*

1 $\frac{1}{3}$ cups nonfat dry milk

$\frac{1}{4}$ cup baking powder

1 teaspoon salt

1 $\frac{1}{2}$ cups vegetable shortening or margarine**

1. Stir dry ingredients together until well mixed.
2. Cut in vegetable shortening or lard until well mixed.
3. Put in closed, covered jar or can.
4. Store mix in refrigerator if margarine is used or if mix will be kept longer than one month. (Refrigeration prevents mix from going rancid.) It is o.k. to store mix at room temperature when vegetable shortening is used, but use mix within a month.
5. Stir mix lightly before using in recipes.

* Enriched cornmeal or rolled oats can also be substituted for 1-2 cups of flour.

** To use oil instead of shortening, mix dry ingredients together. Omit shortening or margarine. Add oil when mixing recipes. Add 2 tablespoons oil for every cup of Master Mix in the recipe. Snackin' Cake cannot be made with oil.

Master Mix Baking Tips

- Preheat oven 5-10 minutes before baking. A hot oven makes biscuits turn out best.
- Reduce heat 25°F if you use a glass pan.
- Save electric or gas bill. Turn oven off when through baking.



Pancakes

Makes about 12 medium-sized pancakes

2 cups Master Mix
1 cup water
2 eggs, beaten

1. Put all the ingredients in a bowl.
2. Stir just enough to moisten dry ingredients
3. Drop by teaspoons onto a hot, greased skillet. A skillet is hot when water dances on it.
4. Cook slowly until the surface is covered with bubbles.
5. Turn and cook until second side is well browned.

Snackin' Cake

Makes one 8-inch-square cake, 9 servings

Note: This cake is not good when made with oil.

1½ cups Master Mix

⅓ cup sugar

½ cup water

1 egg

½ teaspoon vanilla

1. Turn oven on to 350°F. Grease 9-inch square pan.
2. Mix sugar into mix.
3. In another bowl, beat water, egg, and vanilla until frothy.
4. Stir water-egg mixture into mix. Beat until smooth.
5. Spread batter into greased pan.
6. Bake for 25 minutes or until firm when touched.

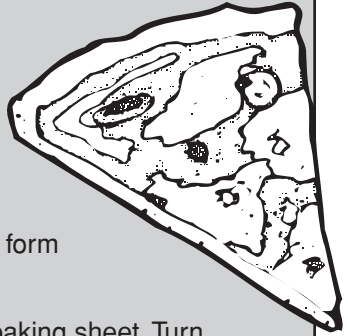
For Coffee Cake: Mix ¼ cup sugar, 2 tablespoons flour, and 2 tablespoons margarine together. Add 1 chopped apple. Sprinkle over batter. Bake for about 25 minutes.

For Upside Down Cake: Mix batter and set aside. Melt ¼ cup margarine in cake pan. Add ½ cup brown sugar. Arrange pineapple or peach slices in sugar. Pour batter over fruit. Bake about 25 minutes. Cool slightly. Place a plate upside down over cake pan. Hold plate and cake pan together and turn upside down so cake pan is on top. Cake should drop from pan onto plate. Cut and serve.

Pizza

Makes four to six servings, one 12-14 inch pizza

2 cups Master Mix
½ cup water
1 can (8 ounces) tomato sauce
2-3 tablespoons minced onion
8 ounces mozzarella cheese,
shredded



1. Preheat oven to 425°F.
2. Stir mix and water together to form soft dough.
3. Knead 5 or 6 times.
4. Spread dough on a greased baking sheet. Turn edges up.
5. Spread tomato sauce on dough. Sprinkle with onions and cheese.
6. Bake 20 minutes, until edges are brown.

Biscuits

Makes ten 2-inch biscuits

2 cups Master Mix
½ cup water

1. Preheat oven to 400°F.
2. Add water to the dry mix. Stir about 20 times.
3. Turn dough onto a lightly floured board or table top. Knead 10 to 15 strokes.
4. Roll or pat to ¾-inch thickness.
5. Cut with a biscuit cutter or cut into squares with a knife.
6. Bake on ungreased pan for 12 to 15 minutes.

Hot Cocoa Mix

For 1 quart dry mix (10 servings), stir together 3 cups dry milk, $\frac{2}{3}$ cup sugar, $\frac{3}{4}$ cup cocoa powder, and $\frac{1}{2}$ teaspoon salt. Store in container with tightly fitting lid.

To make hot cocoa, put a heaping $\frac{1}{3}$ cup of mix in a cup and add $\frac{3}{4}$ -1 cup hot water.



Acknowledgements

Most recipes in this booklet were from Eating Right Is Basic, Expanded Food and Nutrition Education Workbook, Washington State University, Publication MISC 0113, Revised 1991.

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